

İstanbul
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ÇOCUKLAR İÇİN UZUN QT SENDROMU EĞİTİM REHBERİ

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UZUN QT SENDROMU OLAN HASTALARDA DİKKAT EDİLMESİ GEREKENLER

1.Uzun QT sendromlu hastalar genellikle Propranolol veya Nadolol isimli beta bloker ilaçları kullanmalıdır.

2.Ani ölüme yol açan bu hastalık genellikle egzersiz ile kötüleşmektedir. Bu nedenle yarışmalı sporlar (futbol, yüzme, basketbol, atletizm) kesinlikle yapılmamalıdır.

3.Evde, yatak odasında çalar saat bulunmamalıdır.

4.Hastada dehidratasyona (sıvı kaybı) neden olabilecek durumlarda (kusma, ishal gibi) sağlık kuruluşuna başvurulmalı, tedavi geciktirilmemeli, hastanın dehidrate kalmasına müsaade edilmemelidir.

5.ICD takılı hastalar ICD için genel önlemlere dikkat etmeli ve herhangi bir sorunda veya ICD şoku olduğunda sağlık kuruluşuna başvurmalıdır.

6.Uzun QT sendromu tanılı tüm hastalarda en azından anne, baba ve varsa kardeşlerin EKG'leri görülerek aralarında ailevi geçiş nedeni ile aynı hastalığa sahip olanlar varsa tanılandırılmalıdır. Yapılabiliyorsa önce hastaya daha sonra aileye genetik tetkik yapılmalıdır.

7.Aşağıdaki listede belirtilen ilaçların kullanılması önerilmez. Bu listeyi çocuğunuzu muayene için götürdüğünüz her hekime göstermeniz çok önemlidir.

1	Adrenaline (Epinephrine)	Stimulant
2	Ajmaline*	Antiarrhythmic (Class 1)
3	Alfuzosin	Alpha1-blocker
4	Almokalant*	Antiarrhythmic (Class 3)
5	Amantidine	Antimalarial
6	Amiodarone	Antiarrhythmic (Class 3)
7	Amitriptyline	Psychiatricdrug-Tricyclic antidepressant

8	Amoxapine*	Psychiatricdrug-Tricyclic antidepressant
9	Amphetamine	Stimulant
10	Arsenic trioxide	Anti-cancer
11	Astemizole*	Antihistamine
12	Atomoxetine	Psychiatric drug- Other
13	Azelastine	Antihistamine
14	Azimilide*	Antiarrhythmic (Class 3)
15	Azithromycin	Antibiotic - Macrolide
16	Bepidil*	Anti- anginal / vasodilator
17	Bretylium	Antiarrhythmic (Class 3)
18	Chloral hydrate	Sedavite
19	Chloroquine	Antimalarial
20	Chlorpromazine	Psychiatric drug- Phenothiazine
21	Cibenzoline*	Antiarrhythmic (Class 1)
22	Ciprofloxacin	Antibiotic - Qunilone
23	Cisapride*	Serotonin agonist / antagonist
24	Citalopram	Psychiatric drug- Other
25	Clarithromycin	Antibiotic - Macrolide
26	Clobutinol*	Other
27	Clomipramine	Psychiatricdrug-Tricyclic antidepressant
28	Clozapine	Anti - psychotic
29	Cocaine	Stimulant
30	Cold remedies	May contain stimulant drugs - always to check the label
31	Cotrimoxazole	Antibiotic - Antifungal
32	d-sotaliol*	Antiarrhythmic (Class 3)
33	Desipramine*	Psychiatricdrug-Tricyclic antidepressant

34	Dexamethylphenidate	Stimulant
35	Dihydroquinidine*	Antiarrhythmic (Class 1)
36	Diphenhydramine	Antihistamine
37	Disopyramide	Antiarrhythmic (Class 1)
38	Dobutamine	Stimulant
39	Dofetilide*	Antiarrhythmic (Class 3)
40	Dolasetron	Serotonin agonist / antagonist
41	Domperidone	Other
42	Dopamine	Stimulant
43	Doxepin	Psychiatric drug- Tricyclic antidepressant
44	Dronedarone*	Antiarrhythmic (Class 3)
45	Droperidol*	Psychiatric drug- Other
46	Ebastine*	Antihistamine
47	Encainide*	Antiarrhythmic (Class 1)
48	Ephedrine	Stimulant
49	Ersentilide*	Antiarrhythmic (Class 3)
50	Erythromycin	Antibiotic - Macrolide
51	Felbamate*	Anticonvulsant
52	Fenfluramine	Stimulant
53	Flecainide	Antiarrhythmic (Class 1)
54	Fluconazole	Antibiotic - Antifungal
55	Fluoxetine	Psychiatric drug- Other
56	Fluphenazine	Psychiatric drug- Phenothiazine
57	Foscarnet (HIV)	Antibiotics - Antiviral
58	Fosphenytoin (prodrug of Phenytoin)	Anticonvulsant
59	Galantamine	Inhibitor (dementia, Alzheimer's)

60	Gatifloxacin*	Antibiotic - Quinolone
61	Geldanamycin*	Anti - cancer
62	Gemifloxacin*	Antibiotic - Quinolone
63	Granisetron	Serotonin agonist / antagonist
64	Grepafoxacin*	Antibiotic - Quinolone
65	Halofantrine*	Antimalarial
66	Haloperidol	Psychiatric drug- Other
67	Hydroxyzine	Antihistamine
68	Indapamide	Anti- hypertensive
69	Isoprenaline (Isoproterenol)	Stimulant
70	Isradipine	Anti- hypertensive
71	Itraconazole	Antibiotic - Antifungal
72	Ketanserin*	Serotonin agonist / antagonist
73	Ketoconazole	Antibiotic - Antifungal
74	Levalbuterol	Stimulant
75	Levofloxacin	Antibiotic- Quinolone
76	Levofloxacin	Antibiotic- Quinolone
77	Levomethadyl*	Psychiatric drug- Other
78	Lidoflazine*	Anti – anginal / vasodilatör
79	Lithium	Anti - mania
80	Maprotiline	Psychiatric drug- Other
81	Mesoridazine	Psychiatric drug- Other
82	Metaproterenol	Stimulant
83	Methadone	Psychiatric drug- Other
84	Methylphenidate	Stimulant
85	Mexiletine	Antiarrhythmic (Class 1)
86	Midodrine	Stimulant
87	Moexipril / Hydrochlorthiazide	Anti - hypertensive

88	Moxifloxacin	Antibiotic - Quinolone
89	Naratriptan	Anti- migraine
90	Nicardipine	Anti - hypertensive
91	Nifekalant*	Antiarrhythmic (Class 3)
92	Norepinephrine (Noradrenaline)	Stimulant
93	Nortriptyline	Psychiatric drug- Tricyclic antidepressant
94	Octreotide	Other
95	Ofloxacin	Antibiotic - Quinolone
96	Ondansetron	Serotonin agonist /antagonist
97	Organophosphates*	Other
98	Paroxetine	Anti - depressant
99	Pentamidine	Antibiotic - Other
100	Perflutren lipid microspheres	Other
101	Pericycline	Psychiatric drug- Other
102	Phentermine	Stimulant
103	Phenylephrine	Stimulant
104	Phenylpropanolamine	Stimulant
105	Pimozide	Psychiatric drug- Other
106	Pirmenol*	Antiarrhythmic (Class 1)
107	Prenylamine*	Anti – anginal / vasodilatör
108	Probucol	Other
109	Procainamide	Antiarrhythmic (Class 1)
110	Prochlorperazine	Psychiatric drug- Phenothiazine
111	Propafenone	Antiarrhythmic (Class 1)
112	Protriptyline*	Psychiatric drug- Tricyclic antidepressant
113	Pseudoephedrine	Stimulant

114	Quetiapine	Psychiatric drug- Other
115	Quinidine*	Antiarrhythmic (Class 1)
116	Quinine	Antimalarial
117	Ranolazine	Anti-anginal / vasodilator
118	Risperidone	Psychiatric drug- Other
119	Ritodrine	Stimulant
120	Roxithromycin*	Antibiotic - Macrolide
121	Salbutamol (Albuterol)	Stimulant
122	Salmeterol	Stimulant
123	Sematilide*	Antiarrhythmic (Class 3)
124	Sertindole	Psychiatric drug- Other
125	Sertraline	Anti- depressant
126	Sibutramine	Stimulant
127	Solifenacin	Other
128	Sotalol	Antiarrhythmic (Class 3)
129	Sparfloxacin*	Antibiotic - Quinolone
130	Spiramycin	Antibiotic - Macrolide
131	Sumatriptan	Anti- migraine
132	Sunitib	Anti - cancer
133	Tacrolimus	Anti - cancer
134	Tamoxifen	Anti - cancer
135	Telithromycin	Antibiotic- Macrolide
136	Terbutaline	Stimulant
137	Terfenadine*	Antihistamine
138	Terikalant*	Antiarrhythmic (Class 3)
139	Terodiline*	Anti – anginal / vasodilatör
140	Thioridazine*	Psychiatric drug- Phenothiazine
141	Tizanidine	Other

142	Tolterodine	Bladder antispasmodic
143	Trazodone	Psychiatric drug- Other
144	Trifluoperazine	Psychiatric drug- Phenothiazine
145	Trimethoprim sulfa (bactrim)	Antibiotic - Other
146	Trimipramine	Psychiatric drug- Tricyclic antidepressant
147	Vardenafil	Anti – anginal / vasodilatör
148	Vasopressin	Other
149	Venlafaxine	Psychiatric drug- Other
150	Voriconazole	Antibiotic -Antifungal
151	Zimeldine*	Psychiatric drug- Other
152	Ziprasidone	Psychiatric drug- Other
153	Zolmitriptan	Anti – migraine

Listed by type

<p>Antiarrhythmics</p> <p>Class 1: ajmaline*, cibenzoline*, dihydroquinidine*, disopyramide, encainide*, flecainide, mexiletine, pirlenol*, procainamide, propafenone quinidine*</p> <p>Class 3: almokalant*, amiodarone, azimilide*, bretylium, dofetilide*, dronedarone*, d-sotalol*, ersentilide*, ibutilide*, nifekalant*, sematilide*, sotalol, terikalant*</p>
<p>Anti-anginals / vasodilators</p> <p>Bepidil*, lidoflazine*, prenylamine*, ranolazine, terodiline*, vardenafil</p>
<p>Antihistamines</p> <p>Astemizole*, azelastine, diphenhydramine, ebastine*, hydroxyzine, terfenadine*</p>
<p>Serotonin agonists and antagonists</p> <p>Cisapride*, dolasetron, granisetron, ketanserin*, ondansetron</p>

<p>Antimalarials Amantidine, chloroquine, halofantrine*, quinine</p>
<p>Antimicrobials Macrolide antibiotics: azithromycin, clarithromycin, erythromycin, roxithromycin*, spiramycin, telithromycin Quinolone antibiotics: ciprofloxacin, gatifloxacin*, gemifloxacin*, grepafloxacin*, levofloxacin, moxifloxacin, ofloxacin, sparfloxacin* Antifungals: cotrimoxazole, fluconazole (caution with itraconazole), ketoconazole, voriconazole Qthers: pentamidine, trimethoprim sulfa (bactrim) Antiviral: foscarnet (HIV)</p>
<p>Others: atomoxetine, citalopram, clozapine, droperidol*, fluoxetine, haloperidol, levomethadyl*, lithium, maprotiline, mesoridazine, methadone, paroxetine, pericycline, pimozide, quetiapine, risperidone, sertindole, sertraline, trazodone, venlafaxine, zimeldine*, ziprasidone</p>
<p>Anticonvulsant Felbamate*, fosphenytoin (prodrug of phenytoin)</p>
<p>Others Alfuzosin, chloral hydrate, clobutinol*, domperidone, galantamine, octreotide, organophosphates*, perflutren lipid microspheres, probucol, solifenacin, tizanidine, tolterodine, vasopressin</p>
<p>Anti- cancer Arsenic trioxide, geldanamycin*, sunitib, tacrolimus, tamoxifen</p>
<p>Anti – migraine Naratriptan, sumatriptan, zolmitriptan</p>
<p>Psychiatric drugs Tricyclic antidepressant: amitriptyline, amoxapine*, clomipramine, desipramine*, doxepin, imipramine, nortriptyline, protriptyline*, trimipramine Phenothiazines: chlorpromazine, fluphenazine, prochlorperazine, thioridazine*, trifluoperazine</p>

KAYNAKÇA

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